Changing to a plant-based meal plan may cause changes in your blood sugar levels or the amount of diabetes medicine you need to take. Always talk to your doctor before you make any changes in your diabetes-care meal plan.

Many whole grains are “processed” or changed in some way before you eat them. Processed foods are often high in sugar, sodium (salt), and/or chemicals you don’t need. Examples of processed foods to avoid (not eat) include white bread, snack foods, chips, and packaged cakes and cookies.

The Plant-Foods Plate

letuce (any kind) • broccoli • carrots • cucumbers • kale •

VEGETABLES

oats • brown rice • whole wheat • barley • quinoa

“WHOLE” GRAINS

beans (any kind) • lentils • peas • edamame •

LEGUMES

apples • bananas • berries, fresh or frozen • raisins

FRUIT